

LINES FROM HOME



SPRING 2020

HOW QUICKLY THINGS CHANGE

As I write this note, I can't help but think how many things have changed so quickly here at the Home in the past month. We went from our normal daily routine to being quarantined with no visitors, no group activities and no communal dining. I have to wonder how long these COVID-19 virus precautions will continue...or if it has changed our way of life for now on. We don't know what tomorrow will bring, but we do know that God is good—and His ways are perfect.

As I think of this, I'm reminded how thankful I am for Hebrews 13:8: "Jesus Christ the same yesterday, and today, and forever." In this ever-changing world we live in, one thing is a constant: the promise that Jesus Christ, the Solid Rock, will always be there and His love

for us will never decrease. Circumstances change, people change, you and I change, but Jesus Christ never does.

I'm so thankful for the staff here at the Home and the way they have accommodated the adjustments demanded of them. Every department has been affected and they are taking extra precautions to keep our residents in a safe and virus-free environment. Facebook, FaceTime and Zoom have provided great technology and help our residents stay in communication with their families. Window visits are also very much appreciated. Most of our residents were able to spend some time out in the courtyard this week getting some fresh air and warm sunshine. All of these things help our current situation, but we know it's not the

same as face to face visits, or a kind human touch from a loved one. We are trying to be family for our residents until the day finally comes when we can allow visitors back in our facility.

Thank you for the many notes, cards, and letters of thanks and appreciation many of you have sent to our staff. Please know that this is such an encouragement as many of them have asked me to pass on their appreciation for remembering them.

As we celebrated Easter, although a little different than normal, we found GREAT JOY in the remembrance of our risen Savior!

Nathan Hoffman
Administrator



REMINDERS:

- *If you wish to switch to digital newsletters or would like to remove your name from our mailing list, please call 309.923.2071, ext. 114 or email michelle@achroanoke.org.*
- *A healthy community begins with a healthy YOU. Be sure to do your part in building a strong community. Wash your hands, cover your cough, say your prayers, and take your vitamins.*

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BE MY VALENTINE

Friday, February 14, activity staff put together a beautiful (and tasty) Valentine's Day party. With love songs from the 40s and 50s playing in the background, residents enjoyed homemade cookies (brought in by several volunteers), salami and cheese

hearts served with crackers, little smokies, Valentine fruit salad, and a festive pink punch.

Afterward, residents played a game called "We Go Together," featuring popular matching pairs.

Left: Residents Erma Moser and Marlis Sauder enjoy catching up at the party.

Above Right: Resident Annette Sherman satisfies her sweet tooth with a beautiful heart cookie.



MERRILEE DANCE COMPANY

On February 21, Merrilee Dance Company, under the direction of Lida Berg, performed to a wide variety of musical pieces. The performers were preparing for a competition in Chicago, and we were happy to host their dress rehearsal. Many thanks to the performers and their director for the hours of labor and practice to make this performance possible!



IF YOU HIT A WALL,
CLIMB OVER IT,
CRAWL UNDER IT, OR
DANCE ON TOP OF IT.

-UNKNOWN

SOWER'S VISIT

Sower's Kindergarten class visited our Home on February 28 to share with us what they learned. It was a busy morning of counting to one hundred, playing Bingo, and drawing. The "grown-up friends" always love these visits!

Clockwise, from upper left: Residents Connie Hoerr, Annette Sherman, Joan Harris, Dona Grimm, Mary Ann Schlupp, and Sue Provenzano.



ADULTS
ARE JUST
OUTDATED
CHILDREN.

-DR. SEUSS

RHYTHM CIRCLE

On March 4, we tried out a new activity, Rhythm Circle with Shelley. Shelley fritz brought in her collection of various drums, and we had a fun afternoon testing out different drums, beating to songs, and learning new drum beats. Many residents came out to the dining room for the occasion and really enjoyed

the challenge of playing along!

Clockwise, from upper left: Residents Marlis Sauder, Eugene Fogliani, Paul Courtright, Visitor Julie Schumacher, Resident Bernice Knapp, and Shelley Fritz leading the group session.



SOFT-SERVE ICE CREAM CELEBRATION



The Corona Virus quarantine foiled a number of our activity plans in March and April, but thankfully running our ice cream maker is not dependent on whether we are together in the dining room or

in our rooms. And—while it might not be quite as fun to eat ice cream in our rooms—we are not disputing that ice cream is wonderful no matter where

it's consumed. So, in honor of spring's almost-arrival and St. Patrick's Day, we made lime and vanilla ice cream for both residents and staff on March 17.

KFC LUNCH AND HOMEMADE PIE



On March 26, residents and staff enjoyed Kentucky Fried Chicken and homemade pie. Staff were also able to participate once the residents had been served in their rooms. According to our Activity Director Deb Reilman, "they deserve it."

Pictured: Pies from Yoder's Country Store were a huge hit, and it was sometimes

hard to choose a favorite kind as it was for Resident Lois Klotzle, pictured here with

Activity Assistant Carol Martin.



SPRING DRIVES

On March 31, we went on our very first Spring Drive for the year. Because of the quarantine and social distancing, there were actually two different drives with fewer people in each bus-load. Regardless of the changes, it was great to get out and get a breath of fresh air.

What made things more fun was telling a few family members to be ready outside to great loved ones as we drove by.

Pictured: Residents Viola Hinthorne (right) and Dona Grimm (far right) wave to and catch up with family members.



EASTER SCAVENGER HUNT

On Friday, April 10, we hosted an outdoor Scavenger hunt in lieu of our annual Children's Easter Party. It was a great opportunity for children who had been cooped up at home to get out, enjoy the fresh air, and say hello to our residents.

Pictured, clockwise from upper right: Resident Marie Hohulin waves to her special visitors, son Tim Hohulin and great-granddaughter Liliana Mommadov; Oliver, Elsie, and Gwyn Maher with Hannah Lindberg peeking through the window; Residents enjoy visitors through the Activity Room window.



5 TIPS TO FALL-PROOF YOUR HOME

JENNIFER GETZ, PHYSICAL THERAPY

Falling down can sound harmless, but for older adults, it can result in serious, potentially life-threatening injuries. More than 95% of hip fractures are caused by falls, and falls are the most common cause of traumatic brain injuries as well as the number one cause of harm and resulting deaths among older Americans. And treating injuries caused by falls is costly, totaling more than \$50 billion in 2015.

Falls are not a normal part of aging, and they are preventable. If you find yourself losing your balance, it's time to reduce your risk. A great place to start is in your own home. Here are some tips to make your home safer and to prevent falls.

1. Restrain pets.

Pets are wonderful companions, but they can also get

underfoot and cause us to trip. If your pet tends to hang out right by your feet or bump into you, your risk of falling increases. Consider keeping pets in a room where you usually only sit, such as the living room. You can use baby gates or body leashes to keep them out of the kitchen and bathroom and off the stairs. Training can also teach them to stay away from your feet, both inside your house and when you are walking them outside.

2. Remove loose throw rugs and items on the floor.

Throw rugs and area rugs can buckle or have edges that roll up to catch your feet, creating a tripping hazard. It's best to remove uninstalled, unsecured rugs.

3. Illuminate dark areas.

We rely on our vision to help

keep our balance, especially as we age. Walking in a dark room can increase the risk of falling. Add light to areas in your home where you might walk after dark, such as stairs, hallways, and basements. Motion-detector lights work well, so you don't have to find a light switch in the dark.

4. Slip-proof your tub and shower.

Slipping and falling in your bathroom can be very dangerous. Bathroom floors can become slippery from water and steam. Use nonslip mats on the bathroom floor and in the shower and tub. Install grab bars in the shower, so you have something to reach for if you lose your balance.

5. Wear well-fitting, sturdy shoes. Avoid slippers and loose footwear.

Loose or soft footwear, such as slippers and some sandals,

can twist or slide off your feet and cause you to trip. They can also be slippery on some floor surfaces. Wear supportive shoes, such as sneakers, around your house. These type of shoes have good traction and prevent sliding on the floor. To avoid tracking outdoor dirt into your house, you can have a specific pair of sneakers that you only wear when inside your home.

How Physical Therapists Can Help

Physical therapists (PTs) are movement experts who maximize quality of life through prescribed exercise, hands-on care, and patient education. Talk to your PT for more tips to avoid falling and how to make your home safe.

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STAYING CONNECTED AND ACTIVE

March and April brought new challenges for our Home, the biggest of which was the quarantine and lack of visitors and volunteers.

Activities offered games and programs that could be played or heard in individual rooms or while practicing social distancing. Dietary staff made sure that residents received their food hot in their rooms. Housekeeping and nursing made sure that the facility was clean and the residents were cared for. Staff in all departments made sure that the residents felt loved and connected to their families despite the unusual circumstances.

On March 24-27, we invited our Facebook followers to participate in spirit week by posting pictures of themselves that we could share with their loved ones. Many people participated, making this week fun for both staff and residents.

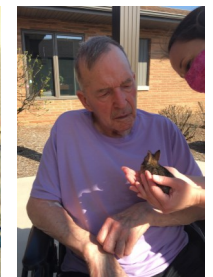
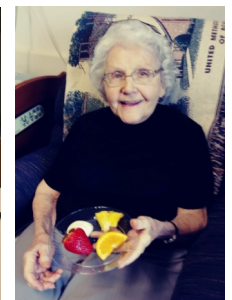
First Row, left to right: CNA Mary Aeschleman and Director of Nursing Penny Maher dressed up for Wacky Day; Resident Angie Haase chats with her family with Social Service Coordinator Emily Cooksey's help.

Second Row, left to right: Bingo over the intercom with Activity Assistants Carol Martin and Phyllis Eden and Volunteer Coordinator Michelle Kennell; Resident Annette Sherman plays bag toss; and Resident Helen Zobrist plays a duet with Michelle Kennell.

Third Row, left to right: Phyllis Eden takes Bingo prizes to Resident Dorothy Wilson's room; Resident Pat Ringger shares a message; and Resident Annette Sherman chats with her daughter through the Lobby window.

Fourth Row, left to right: Resident John Sauder and Nurse Michelle Schmidgall participate in Hat Day; Resident Marlis Sauder enjoys fresh fruit delivered to her room.

Fifth Row, left to right: Lots of team players: CNA Teri Cargill, Activity Assistant Diane Yuill, Social Service Coordinator Emily Cooksey, Accounts Receivable Coordinator Valerie Wuthrich, Activity Assistants Judy Magnuson and Mary Beth Banwart, and EVS aide, Jenna Sizemore; Resident and birthday girl Phyllis Remmert celebrates with a bouquet; Resident Paul Courtright says hello to a baby bunny.



LOSING CONTROL

We talk about residents losing control when they move out of their home and into the nursing home. What we don't realize is how that feels, until we lose control of our

"normal." I asked permission from a blog meant for counselors, teachers, and parents to share this graphic. We all need simple reminders even when we know where to go.

FROM THE END OF
THE EARTH WILL I CRY
UNTO THEE, WHEN MY
HEART IS OVERWHELMED:
LEAD ME TO THE ROCK
THAT IS HIGHER THAN I.

-PSALM 61:2

PENNY MAHER, DIRECTOR OF NURSING



COMMUNICATION DURING QUARANTINE

EMILY COOKSEY, SOCIAL SERVICES COORDINATOR

GOOD WORDS
ARE WORTH
MUCH AND
COST LITTLE

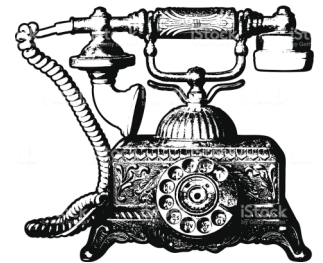
-GEORGE HERBERT

The mental health of our residents is extremely important to us, especially during this difficult time of restricted visitors. We are doing our best to provide one on one support to each resident here. We also have pastoral counseling here almost daily.

We encourage you to continue to call your loved one often and provide encourage-

ment to them. You are also welcome to visit with your loved one through a window. If you would like to FaceTime or Skype with a resident, feel free to contact me at 309.923.2071, ext. 185 or emily@achroanoke.org to set up a time. You may also e-mail letters, photos, videos, etc., to apostolicroanoke@gmail.org, and we will take them to your loved one.

This is a new experience for us all and we are doing our best to keep your loved ones safe and healthy.



NOW HIRING

Nurse

Full-time position, third shift - includes every other weekend and some holidays

CNA

Full-time second shift, including every other weekend and some holidays

Full-time third shift, including every other weekend and some holidays

EVS Aide

Full-time, including every other weekend and some holidays, (7:00-2:30)

Dietary Cook

Part-time second shift, two to three days a week, including every other weekend (10:30-6:30)



COMING UP

WEDNESDAY, MAY 13	BIRTHDAY PARTY
THURSDAY, MAY 21	FAMILY NIGHT: PRAIRIE CHORISTERS
WEDNESDAY, JUNE 17	BIRTHDAY PARTY
THURSDAY, JUNE 25	FAMILY NIGHT: LLOYD STOLLER AND FRIENDS
WEDNESDAY, JULY 15	BIRTHDAY PARTY
THURSDAY, JULY 23	FAMILY NIGHT: PEORIA AREA SENIOR CITIZEN'S BAND
FRIDAY, AUGUST 21	HOMECOMING DAY: FISH FRY AND CHICKEN DINNER, AUCTION PREVIEW
SATURDAY, AUGUST 22	HOMECOMING DAY: BREAKFAST, AUCTION, AND LUNCH STANDS

MEMORIALS

We have received memorial contributions in the amount of \$8,243.97 from January to March 2020 for the following individuals:

MARJORIE BLUNIER	ROBERT HOCK	SHIRLEY SPENCER
PAT ECKHOFF	KEITH HOHULIN	SHIRLEY STUDEBAKER
LOUISE FEHR	WINNIE MCCURDY	
WALTER FEHR	COLLEEN MORRIS	
EVERETT GERBER	EDWIN RINGGER	



RESIDENT BIRTHDAYS

MAY		JUNE		JULY	
2	Lila Herbst	1	June Clevenger	6	Dona Grimm
23	Erma Moser	23	Jim Wiegand	17	Carol Knoll
				30	Sue Provenzano

EMPLOYEE BIRTHDAYS

MAY		JUNE		JULY	
1	Deanna Donovan	1	Jayne Magnuson	10	Stacy Wolf
10	Gay Knapp	6	Megan L. Hodel	11	Karen Phelps
10	Reva Peterson	11	Kelly Schultz	12	Emma Wuethrich
11	Mark Hodel	14	Holly Armstrong	13	Judy Magnuson
12	Tracie Quiram	25	Gwendolyn McBride	14	Phyllis Eden
26	Haillee Harshbarger	26	Jeanette Beaver	18	Barbara Klein
29	Terri Burns	27	Myia Willhite	23	Denise Wilcox
				24	Parker Hoffman
				24	Angela Oberlander
				25	Michelle Kennell
				26	Gayle Grebner

LIVE YOUR LIFE AND FORGET YOUR AGE.

-NORMAN VINCENT PEALE



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COMPASSION IS AT THE
HEART OF OUR CARE!

NOBODY CARES
HOW MUCH YOU KNOW
UNTIL THEY KNOW
HOW MUCH YOU CARE.

-THEODORE ROOSEVELT

TO THE WORLD,
YOU MAY BE ONE PERSON,
BUT TO ONE PERSON,
YOU MAY BE THE WORLD.

-UNKNOWN

VOLUNTEER NEEDS AND CHANGES

MICHELLE KENNEL, VOLUNTEER COORDINATOR

Over the years, we've really enjoyed having our Junior Volunteers come into the Home. Not only are they enthusiastic helpers, but the residents really enjoy seeing the younger generation stepping up to serve.

The mission behind the Junior Volunteer Program is multi-faceted. It teaches young people a sense of community and service. It teaches them how to interact with the older generation. It also helps out the Home in a big way by bringing in new faces to brighten the residents' and staff's day alike.

After ten years of a successfully running program, we're trying to decide the best course of action. With the country's health on a precarious balance and with the safety of our residents at more risk than the average population, it looks as though we will need to cancel the program this year.

That said, there is still a need for a few volunteers to help with stick removal during this growing season and one adult volunteer with some experience to help with weed spraying every few weeks. Please contact me if you are interested in either job— 309.923.2071, ext. 114 or michelle@achroanoke.org. Have a safe and healthy summer!



Left: Aliya Sauder, a 2019 Junior Volunteer

DOING NOTHING
FOR OTHERS IS THE
UNDOING OF
OURSELVES.

— HORACE MANN

BENEFIT 2020: LOOKING AHEAD

Already we're making plans for benefit as it looms large on the horizon. Something this large in scale needs to be worked on in little pieces at a time—a solicitation letter here, a rental reservation there.

It only makes sense that the work is starting now, lining up volunteers and supporters, reserving tents, preparing for an avalanche of auction items, and stream-lining meal preparation.

Naturally, in these past few weeks, the question has arisen: "Will there even be a Benefit 2020?" The simple

answer is that God is the only one who knows the answer to that. God holds our tomorrows; He knows what is coming at us this summer; He knows whether benefit will happen.

Until then, we are moving forward in the faith that He will make a way for us to host this annual event. We trust that if He wants this benefit to happen, He will make it possible.

Would you pray with us that circumstances would clear up before August so that things can continue to move forward? And would you

pray that God would give us the clarity to make wise decisions?

Now is also the time to figure out how you would like to be involved in this year's benefit. Would you like to oversee a certain part of the benefit? Would you like to help at the supper, bake goodies for the bake sale, or bring in produce for the farmer's market? Would you like to come and bid on auction items and enjoy delicious food and music? Is God prompting you to support Homecoming Day plans financially?

FROM OUR BLOG

There are lots of things in the works for this year's benefit. Would you consider being involved?

Contact Michelle Kennel, Volunteer Coordinator for more information or to volunteer: 309.923.2071, ext. 114 or michelle@achroanoke.org.

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